



Friendship Heights

VILLAGE NEWS

NOVEMBER 2018

VOLUME 34, NO. 11

www.friendshipheightsmd.gov

301-656-2797



**Children's Playtime
Concerts—
See page 11.**

Take a holiday tour of Winterthur and Longwood Gardens

Join us for a holiday trip to the beautiful Brandywine Valley when we visit Winterthur and Longwood Gardens on **Monday, Dec. 10.**

We'll depart from the Village Center at 7:30 a.m. and travel to see the seasonal decorations at Winterthur.

Yuletide at Winterthur captures the warmth and festivity of the season with a magnificent holiday tour of Henry Francis du Pont's mansion, as well as breathtaking trees, dazzling room displays and a magical dollhouse. Each room on this year's Yuletide tour tells a story reflecting the ways in which Americans have celebrated the winter holiday season from the 1800s to the present.

Following our visit to Winterthur,



we'll travel to Longwood Gardens for a lavish luncheon and a tour of the spectacular gardens and conservatory.

This holiday season Longwood Gardens pays homage to the Christmas tree with an imaginative display featuring traditional favorites

and inspiring new twists, with festive firs suspended from above to towering tannenbaums created from books, stained glass, and other unexpected materials. Outdoors, gloriously illuminated trees will lead you on an enchanting holiday journey.

We should return to the Village by 7:30 p.m. The cost of the trip, which includes round-trip transportation, tour of Winterthur, luncheon and tour at Longwood Gardens, and all taxes and gratuities, is \$150. The price increases to \$170 after Nov. 30.

Residents and one guest may sign up immediately; nonresidents may sign up beginning Nov. 15. There are 29 spaces available.

Watch out for scams targeting seniors

Jeannine Robinson Hurley of the Maryland Attorney General's Office will discuss scams affecting seniors and what to do about them during a presentation on **Wednesday, Nov. 28, at 3 p.m.** at the Village Center.

Learn the telltale signs of a scam, hear about current scams to avoid, and learn how to protect yourself from becoming a victim of scams. There will be time for questions after the talk. Refreshments will be served.

This event is free. For information, call the Village Center at 301-656-2797.

The Maryland Attorney General's Office offers the following tips to stay clear of scams:

- Never share sensitive personal information about yourself to someone on the telephone, when you didn't initiate the call.
- Never send a small amount of money to win a large sum of money.
- Steer clear of entering raffles or contests at senior expos that require you to share your phone number since these businesses may sell your phone number. Scammers do obtain phone numbers from legitimate sources.

Bells toll at a special concert to honor the Armistice



Bells across Maryland will be rung 21 times—one every five seconds—at exactly **11 a.m. on Sunday, Nov. 11**, to commemorate the 100th

anniversary of the end of World War I. Join us for the bellringing, followed by a special concert by pianist and vocalist Ginny Carr, who will present selections from the World Wars.

Refreshments will be served at the end of the concert. The event is free, but please call 301-656-2797 if you plan to attend.

Artful shopping, see page 5.



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AARP Driving Program helps you stay safe on the roads

The AARP Driver Safety Program is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers remain safe on today's roads.

The one-day course will be offered **Thursday, Nov. 15, from 10 a.m. to 3 p.m.**, at the Village Center.

The course costs \$15 for AARP members (you must bring your membership card when you register and also to the class) and \$20 for nonmembers. Checks should be made payable to AARP.

All students must bring their driver's license and a ballpoint pen to class. Register at the Village Center. For information, call the Center at 301-656-2797.



Friendship Heights

VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the December issue is Nov. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

County Executive Candidates Forum

Remember that the Village will be hosting a Montgomery County Executive Candidates Forum on **Thursday, November 1, from 7 to 9 p.m.**, at the Village Center.

The three candidates are **Marc Elrich, Robin Ficker**, and **Nancy Floreen**. The forum will be moderated by Lou Peck of *Bethesda Magazine*.

Election Day is Tuesday, November 6. Polls will be open at the Village Center from 7 a.m. to 8 p.m.

Page Park update

At the October 15 Council meeting, the Council revisited the decision in September to remove and transplant the three crepe myrtles in the circular wall and to plant a London planetree inside the wall. Following a lengthy discussion, the Council voted against purchasing the London planetree that would have replaced the three crepe myrtles inside the circular wall. The Council also approved planting three honeylocust trees in the southeast corner of the park.

Arborist Kevin Clair is recommending the removal of the large ash tree in the back of the park on the edge of the woods in the next 3 to 6 months. He reported to the Council that the tree has developed considerable damage from winds and storms, leaving gaping wounds that have developed decay over time. The tree has also been attacked by the emerald ash borer, an invasive pest. Preventive treatments were administered with unfavorable results. Due to the cost involved, we are advertising for bids. The Council will consider the proposals at the November 19 meeting.



Our engineering firm completed a boundary survey and has marked the Village's property line on three sides of the park.

Fall Festival success

A large crowd braved some bad weather and was rewarded with a fun night at our Fall Festival on October 11. Greece was the focus of the evening, featuring food from The Big Greek Café and music by The Golden Flame, which led to some impromptu dancing after dinner.



Photos by
Carolina
Zumaran-
Jones

Additional action taken at the October 15 Council meeting:

- Appointed Asha Dees, Alicia Guerrero, and Phyllis Meltzer to the Program Advisory Committee.

The next Council meeting, open to the public, will be Monday, November 19, at 7:30 p.m.



Holiday cheer & holiday fear

The most wonderful time of the year can be a difficult time of the year for many.

Coping with grief during the holidays is the topic of this hour-long lecture on **Thursday, Dec. 6, from 1 to 2 p.m.**, at the Village Center.

The lecture, presented by JSSA, will discuss the range of emotions that grieving individuals may feel during the holidays, and offer insights and strategies for coping during this emotionally charged season.

We'll also have information for caregivers available following the talk. Refreshments will be served.

The event is free, but please call the Village Center at 301-656-2797 if you plan to attend.

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Eizenstat on new book about the Carter years

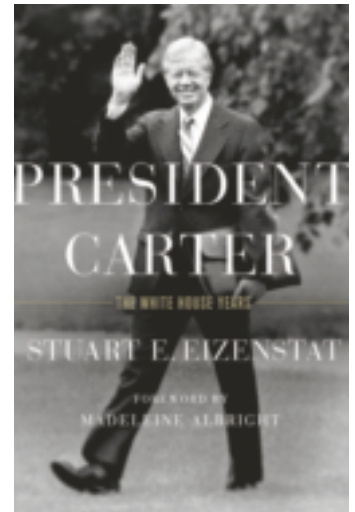
As a Chief White House Domestic Policy Adviser for President Carter, Stuart Eizenstat had a front row seat during the turbulent 1970s.

With his new book, "President Carter: The White House Years," Eizenstat presents an intimate, first-hand history of the administration he says is "one of the most unappreciated, but most consequential and accomplished one-term presidencies in modern American history."

Mr. Eizenstat will discuss his book on **Monday, Dec. 17, at 7 p.m.** at the Friendship Heights Village Center.

He was on the White House Staff of President Lyndon Johnson (1967–68); President Carter's Chief White House Domestic Policy Adviser (1977–1981); and U.S. Ambassador to the European Union, Under Secretary of Commerce for International Trade, Under Secretary of State for Economic, Business & Economic Affairs, and Deputy Secretary of the Treasury, as well as Special Representative of the President and Secretary of State in the Clinton Administration (1993–2001). In the Obama Administration he was Special Adviser to the Secretary of State throughout the two terms.

Please let us know if you plan to come by calling 301-656-2797. Copies of the book will be available for purchase.



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Not your ordinary craft fair

Great gift ideas abound at our 16th annual "Holiday Affair" artisan fair **Friday, Nov. 2 and Saturday, Nov. 3.** There will be a broad range of items for purchase, including pique assiette mosaics, pottery, wooden bowls and gifts, fused glass, textiles, children's books, honey and honey products, metal, stone, knitted and clay jewelry, paintings, photographs, ornaments, note-cards, and more. The festivities begin Friday with a reception from 5:30 to 8 p.m. Enjoy light snacks while shopping. The fair continues Saturday, from 10 a.m. to 4 p.m. Food concessions will be available Saturday. There is no admission fee.



The Village Book Club will meet on **Tuesday, Nov. 20, at 11 a.m.** The book selection is "House of Broken Angels" by Luis Alberto Urrea. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

Don't miss the chance to catch "Anything Goes"

Just a few spaces remain for our trip to Arena Stage for an evening production of Cole Porter's "Anything Goes," on **Tuesday, Nov. 27.**

The cost of the trip is \$99, and includes round-trip transportation, ticket to the performance and all taxes and gratuities.

We'll depart from the Village Center at 6:15 p.m., and should return by 10:15 p.m.

Sign up immediately at the Village Center. For information, call 301-656-2797.

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Thursday, Nov. 1, 7 p.m.—Montgomery County Executive Candidates Forum

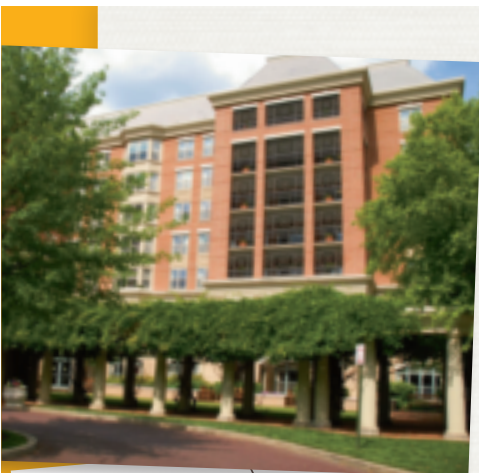
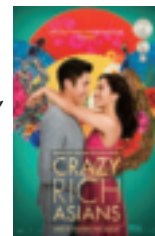
Thursday, Nov. 8, 7 p.m.—Movie —“Tully”— Marlo is a New York suburbanite who’s about to give birth to her third child. Her husband, Ron, is loving and works hard, but remains clueless about the demands that motherhood puts on his wife. When the baby is born, Marlo’s wealthy brother hires a nighttime nanny named Tully to help his sister handle the workload. Hesitant at first, Marlo soon learns to appreciate all that Tully does—forming a special bond with her new, lifesaving friend. Stars Charlize Theron. Rated R. Running Time: 96 minutes.

Thursday, Nov. 15, 7 p.m. —Movie —“Black Panther”— After the death of his father, T’Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T’Challa’s mettle as king—and as Black Panther—gets

tested when he’s drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies. Rated PG-13. Running Time: 135 minutes.

Thursday, Nov. 22—Center closed — Happy Thanksgiving!

Thursday, Nov. 29, 7 p.m. —Movie —“Crazy Rich Asians”— Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend’s wedding in Singapore. She’s also surprised to learn that Nick’s family is extremely wealthy and he’s considered one of the country’s most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse—stars Constance Wu, Henry Golding and Michelle Yeoh. Rated PG-13. Running Time: 121 minutes.



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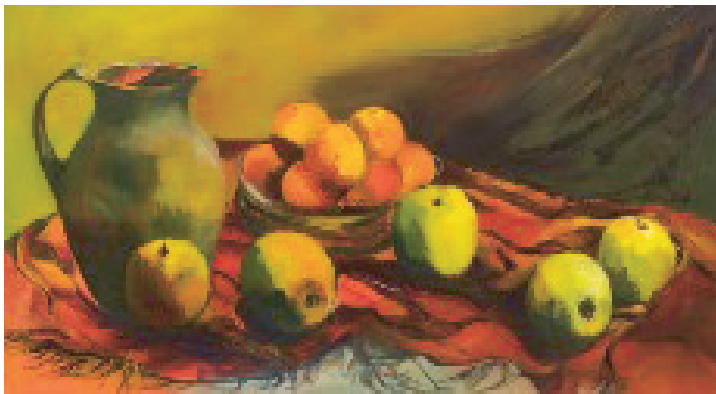
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ART and CULTURE

Center art instructors to be showcased in November



Five art instructors will offer a retrospective exhibit spanning 40-plus years during the month of November.

Instructors include Friendship Gallery Curator Millie Shott, who teaches painting; Marianne Winter, portraiture; Joan Samworth, still life and abstract art; Lew Berry, photography; and Doris Haskell, art instructor, emeritus.

These teachers have offered their expertise and many

years of experience to young people and adults for years, and we look forward to showing their artwork at the Village Center gallery.

In November, each instructor will have 8 to 10 pieces of art that represents up to 50 years or more of inspirational and visionary artistic expression. Often their instruction has led many students to storied careers in arts industries, art appreciation and support for the arts.

You are invited to meet these exceptional artists and art instructors at a reception on **Sunday, Nov. 18 from 11:30 a.m. to 1:30**

p.m. The exhibit will run until Nov. 30. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



Clockwise from upper left: "Mark's Pitcher," by Joan Samworth, "Red Top," by Lew Berry, "River's Edge" by Millie Shott, and "Olive Seated," by Marianne Winter.

Friendship Heights
Village Center



Calendar
of Events

2018

N O V E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Would you care to join our caregivers group?

We’re looking to form a caregivers group in Friendship Heights and would welcome your feedback on when you can meet and what types of topics you’d like us to address. The group would meet at least once a month and each meeting would include a guest speaker and/or time for questions and sharing.
Please stop by the Village Center and pick

up a short one-page survey. You can fill it out while at the Center or take it home and bring it back. Just make sure to return it by Nov. 30. We’d like to start meetings in January.



1 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and Beyond 7 p.m.: Montgomery County Executive Candidates Forum	2 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting 5:30–8 p.m.: Artisan Fair	3 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs 9:30: Children’s Photography 10 a.m.–4 p.m.: Artisan Fair 10:30 a.m.: Basic Photography
4 9:10: Yoga 9:30–1:30 p.m.: Coffee and Sunday Papers	5 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training	6 8:15 a.m.: Walking Club Election Day Polls Open 7 a.m.–8 p.m. No Tea No Suburban Nurse
7 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 10:15 a.m.–1:15 p.m.: County Mobile Commuter Store 11 a.m.: All in the Eyes 11 a.m.: Chair Exercise 12 p.m. : Chess 5:30 p.m.: Program Advisory Committee meeting 7 p.m.: Concert: Christiana Drapkin	8 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and Beyond 4 p.m.: Spanish Conversation 7 p.m.: Movie: Tully	9 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting
10 8:15 a.m.: Walking Club 9 a.m. –1 p.m.: Twin Springs 9:30 a.m.: Children’s Photography 10 a.m. – 12 p.m.: Tech Help 10:30 a.m.: Basic Photography	11 9:10: Yoga 9:30–1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Veteran’s Day Bell Ringing and Concert	12 Veterans Day Observed Center open 9 a.m.–2 p.m. 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 1 p.m.: Strength Training Shuttle bus runs on weekend schedule
13 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha Goodman Wood 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 2:30–3:30 p.m.: Speech Therapy 3–4 p.m: Tea 6:30 p.m.: Mat Pilates	14 9:30 a.m.: Tai Chi 10:15 a.m.: Yiddish 10:15 a.m.–1:15 p.m.: County Mobile Commuter Store 11 a.m.: All in the Eyes 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: Suburban Lecture: Lifestyle Medicine: A New Approach 5:30 p.m.: CAC mtg. 7 p.m.: Concert: Sue Richards	15 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and Beyond 4 p.m.: Spanish Conversation 7 p.m.: Movie: Black Panther
16 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	17 8:15 a.m.: Walking Club 9 a.m. –1 p.m.: Twin Springs 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography	18 9:10: Yoga 9:30–1:30 p.m.: Coffee and Sunday Papers 11:30 a.m.–1:30 p.m.: Art Reception
19 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	20 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m: Tea 6:30 p.m.: Mat Pilates	21 Center open 9 a.m.–5 p.m. 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 10:15 a.m.–1:15 p.m.: County Mobile Commuter Store 11 a.m.: Chair Exercise 12 p.m.: Chess No concert
22 Happy Thanksgiving Center closed No shuttle bus	23 Center open 9 a.m.–2 p.m. 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events	24 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs
25 9:30–1:30 p.m.: Coffee and Sunday Papers	26 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m.–2 p.m.: MVA Mobile Office 12:30 p.m.: Bridge Club 1 p.m.: Strength Training	27 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha Goodman Wood 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m: Tea 6:15 p.m.: Depart for Arena Stage 6:30 p.m.: Mat Pilates
28 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 10:15 a.m.–1:15 p.m.: County Mobile Commuter Store 11 a.m.: Chair Exercise 12 p.m.: Chess 3–4 p.m.: Senior Scams 7 p.m.: Concert: World Jam Club	29 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga 11 a.m.: Still Life and Beyond 4 p.m.: Spanish Conversation 7 p.m.: Movie: Crazy Rich Asians	30 9:15 a.m.: Drop- In Tai Chi 10:30 a.m.: Balance, Memory and Movement 10:30 a.m.: Coffee and Current Events

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The season to share: Collecting for Manna

Once again the Village Center will collect food items for Manna Food Center in Gaithersburg. Manna is the main food bank in Montgomery County and feeds almost 40,000 individuals every year.

Please bring donations to the Village Center during November and December; they will be delivered to Manna before the holidays. The food most needed include low-sugar cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Manna’s Smart Sacks, a program to fight childhood hunger. Each Friday, more than 2,000 children in 50 elementary schools receive a backpack with nutritious and kid-friendly foods for the weekend. Important: please check expiration dates before bringing donations, and do not bring anything in a glass jar. Baked goods and fresh produce cannot be accepted.



CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., Nov. 29 – Feb. 14. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Bring a sketchbook for mixed media (paper over 90 lbs.) The sketchbook will be an integral part of the class. Joan will present various materials, techniques and ideas to inspire original work by each participant. Class will not meet Dec. 6 nor Dec. 27.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Oct. 30–Dec. 11. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com. Class will not meet on Nov. 6.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Nov. 2–Dec. 14. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents. Class will not meet on Nov. 23.

CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., Oct. 31–Dec. 5. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

An 8-week class, Mondays, 9:30 to 10:30 a.m., Oct. 29–Dec. 17. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)

An 8-week class, Wednesdays, 9:30 to 10:30 a.m., Oct. 31–Dec. 19. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$93 for residents; \$99 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Oct. 23–Dec. 4. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students.

Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel. The class will not meet Nov. 6.

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, will conduct a six-week Spanish conversation group beginning in November. Will meet Thursdays, from 4 to 5:30 p.m., Nov. 8–Dec. 20. The group will not meet on Nov. 22. Open to all ages, the group is not for beginners (no English will be spoken during the sessions). **Free.** Minimum of five participants; maximum of eight.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Oct. 29–Dec. 3. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. at the

Village Center. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in discussions of works, usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries of any

age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month, 2:30 to 3:30 p.m.

TEA

Village volunteers serve hot beverages,

cookies, assorted pastries, and fruit on Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday, 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Toys and play equipment will be set out at the Center most Tuesdays, 10 a.m. to 12 p.m. On the second and fourth Tuesday of the month, Marsha Goodman Wood presents music with children in mind. Children must be accompanied by a caregiver or family member over age 13.

VISION SUPPORT GROUP

Meets once per month; check calendar for day and time. Call Janet Morrison at 301-538-9358 for details. See page 13.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood. Call Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.

Tuesday Morning music for toddlers

Preschool children, their baby brothers and sisters, parents, grandparents, and friends are invited to the Village Center on **Tuesday, Nov. 13 and Tuesday, Nov. 27, from 10 to 11 a.m.**, for special musical programs by Marsha Goodman Wood.

As part of this weekly program for younger children, Village Playtime features a variety of programs throughout the month including music by Marsha, opportunities for children to get creative with special

kid-friendly art projects, and free play. Children must be accompanied by an adult or caregiver over 13.



STEM anyone?

Third- to fifth-grade students with an interest in science, technology, engineering and math are invited to join the STEM club we are forming at the Village Center this winter. The club will meet Thursdays, 4 to 5 p.m., beginning in January, and will be led by Bethesda-Chevy Chase sophomore Andreea Revulchi. Each club day will feature different activities, ranging from biology and the environment, to astronomy and the planets, and more.

Please let us know if you're interested. Contact Anne O'Neil at 301-656-2797 or aoneil@friendshipheightsmid.gov.



CONCERTS

Concerts are held every Wednesday from 7 to 8 p.m. in Huntley Hall in the Village Center.

Wednesday, Nov. 7 — Christiana Drapkin — With this “Fire and Ice” program, jazz vocalist Christiana Drapkin takes the audience on a tour through the great Peggy Lee’s long career as a composer and performer. Ms. Drapkin came to the United States as a German Fulbright exchange student and discovered the inner workings of musical theater and the roots of jazz at Tulane University in New Orleans. She often combines music, literature, and a bit of social history in her programs. She has released three CDs, which often feature fresh takes on the standards from the Great American Songbook. She has an active performance schedule in New York and Washington, D.C.

Wednesday, Nov. 14 — Sue Richards —

Celtic Harpist Sue Richards is an internationally known performer, teacher, composer and author. Sue has recorded dozens of CDs and has entertained audiences throughout

the United States and Europe. After first studying the concert harp in Ohio with Lucy Lewis and Jean Harriman, Sue turned to the Celtic harp and the Irish and Scottish traditional music of her heritage. Since then, Sue has performed numerous times for the Embassy of Ireland in Washington, D.C., has twice played for President Bill Clinton, and recently for Queen Elizabeth II and President and Mrs. Bush.

Wednesday, Nov. 21 — No Concert

Wednesday, Nov. 28 — World Jam Club — A graduate of the University of Maryland, Violinist Susan Jones has carried her music to Carnegie Hall, the John F. Kennedy Center for the Performing Arts, and the National Gallery of Art Café. Friendship Heights audiences will know her from her performances with Machaya Klezmer, String of Pearls, and the Susan Jones Jazz Trio.



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TO YOUR HEALTH

Vision Support Group offers tips for traveling during the holiday season

For many, the upcoming holiday season means traveling to be with friends and family. However, for those of us who are visually impaired or experiencing vision changes, even a short flight or bus ride can be overwhelming and stressful. Proper planning can alleviate many difficulties such as getting through security to the right airport gate, boarding a train, managing money and credit cards, and making sure all of one's belongings arrive safely. The following tips can help make your trip more safe and enjoyable:

- * Don't be embarrassed to ask for help.
- * Identify yourself as visually im-

paired when making reservations.

- * Create a retrieval system for credit cards, passport, bank account(s), and medical identification in case your wallet becomes lost.
- * Request an airport guide or wheelchair to get you to and from your airplane or train easily. A wheelchair expedites clearing security.
- * Ask for assistance when going through security checkpoints to ensure you receive all of your belongings.

Lifestyle Medicine: A new approach

Dr. Aruna Nathan, Internist, will focus on how to apply lifestyle medicine principles to prevent and manage chronic conditions during the Suburban Hospital lecture on **Wednesday, Nov. 14, from 1 to 2 p.m.** at the Village Center.

Lifestyle Medicine is an evidence-based practice that offers a fresh approach to improving outcomes related to chronic conditions. It helps individuals and families adopt and sustain healthy behaviors that affect health and quality of life.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.

A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

Our Listings in the Friendship Heights Community

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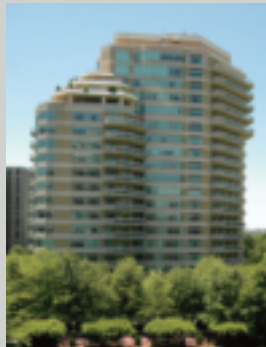
5600 Wisconsin Ave. #701
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5610 Wisconsin Ave. #1606
\$1,995,000: 2 BR + Den, 2.5 BA
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5610 Wisconsin Ave. #406
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5630 Wisconsin Ave. #702
\$3,875,000: 2 BR, Den, FR, 3.5 BA,
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5630 Wisconsin Ave. #205
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Café Muse presents...

Café Muse will feature poets Myra Sklarew and Anne Becker on **Monday, Nov. 19**, at the Writers's Center in Bethesda (location for November only). The Writer's Center is located at 4508 Walsh Street in Bethesda.

Myra Sklarew writes poetry, fiction, essays, and research studies. Her most recent books include "A Survivor Named Trauma: Holocaust and the Construction of Memory" (SUNY Press, 2018); "Harmless" (Mayapple Press, 2010, poetry); "Over the Rooftops of Time" (SUNY Press, 2003, essays). She is a former president of the Yaddo artists community and professor emerita, American University.

Anne Becker is a poet, teacher, and handmade paper artist. "Human Animal" (Pond Road Press, 2018) is her latest collection. All Café Muse programs are free to the public and are handicapped accessible.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30.

On Monday, Dec. 3, Café Muse returns to the Friendship Heights Village Center and will feature poets Hope Snyder and Michael Collier.

Please donate your old eyeglasses

Are your old eyeglasses obsolete? Why not donate them to the Lions Clubs. Each month, the Leisure World Lions Club will pick up eyeglasses and frames from the Village Center. The glasses are then cleaned, disinfected and distributed to the underprivileged, particularly in developing countries.



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November 2018 events calendar